

TERMINAL CITY TIMES

JANUARY 2024 • VOL. 31 NO. 1



SPECIAL EVENTS • ENTERTAINMENT & DINING • CLUB NEWS • FEATURES & MORE

Upcoming Events

- JAN 1** **NEW YEAR'S DAY**
Club closed
- JAN 18** **MEMBERS' NETWORKING LUNCH**
Get to know your fellow members!
- JAN 22** **MEDITATION**
Stress Relief
- JAN 23** **BUSINESS & COMMUNITY SPEAKER SERIES**
AI, Machine Learning & Generative AI
- JAN 24** **MEMBERS' WINE TASTING**
ft. selections from previous Wine Club picks
- JAN 24** **TCC SALON**
Longevity
- JAN 25** **COMEDY NIGHT**
Hosted by Lukas Purm, ft. Byron Bertam
- JAN 31** **TCC SALON**
Hygge
- FEB 2** **WHISKY DINNER**
ft. The Dalmore
- FEB 14** **VALENTINE'S DAY**
Dinner at the Club
- FEB 17** **FATHER DAUGHTER**
Gumdrop Gala
- FEB 19** **FAMILY DAY**
Club closed
- FEB 20** **BUSINESS & COMMUNITY SPEAKER SERIES**
Topic and speaker TBA
- FEB 21** **MEMBERS' WINE TASTING**
ft. February Wine Club offerings
- FEB 26** **MEDITATION**
Theme TBA

REGISTER FOR EVENTS

online	via Member Central
email	conciierge@tcclub.com
call	604 681 4121
text	604 200 2279

Contact

837 WEST HASTINGS ST.
VANCOUVER, BC V6C 1B6, CANADA

call	604 681 4121		terminalcityclub
text	604 200 2279		@tcclub
web	TCCLUB.COM		Terminal City Club

Member Services	604 681 4121
Membership Sales	604 488 8647
Billing	604 488 8607
Catering	604 488 8605
Weddings	604 488 8629
Lions Pub	604 488 8602
Fitness Centre	604 488 8622

Hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday	7 a.m. – 9 p.m.
Saturday & Sunday	8 a.m. – 7 p.m.

FITNESS CENTRE

Monday – Friday	6 a.m. – 10 p.m.
Saturday & Sunday	7 a.m. – 8 p.m.

THE GRILL

Monday – Friday	
Breakfast	7 a.m. – 10:30 a.m.
All Day Menu	11 a.m. – 9 p.m.
Saturday & Sunday	
Coffee	8 a.m. – 9 p.m.
Brunch	9 a.m. – 2:30 p.m.
All Day Menu	3 p.m. – 9 p.m.

MEMBERS' LOUNGE

Monday – Friday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 9 a.m.
Saturday & Sunday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 11:30 a.m.
Brunch	9 a.m. – 2.30 p.m.

CUVÉE & 1892 (WORKSPACE)

Monday – Friday	11:30 a.m. – 7:30 p.m.
- Weekend service available upon request from Grill	
- Please note that calls are permitted only in Cuvée	

LIONS PUB

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 9:30 p.m.
For reservations, contact pubbookings@tcclub.com	

TERMINAL CITY CLUB



President's Letter

JANUARY 2024

DEAR FELLOW MEMBERS,

I hope everyone enjoyed their holiday season and is ready to start the new year with a bang. December was very busy around the Club, so kudos to management and staff for another successful holiday season.

It's an honour to serve as President for 2024. I joined the Club in 2007 and have sat on the Board since 2017. Over the last 17 years, I have seen many changes throughout our Club, and serving the Board has given me a deep appreciation for the resilient operations and exceptional management needed to innovate and deliver a winning Club experience.

We're looking to push ahead with some much-needed upgrades to our elevators throughout the year and update the HVAC system in our Grill kitchen. These aren't the most glamorous projects, but they are necessary for the overall building functionality.

Management will be working on a unique offering of a speakeasy connected to the Lions Pub. We hope to unveil that once our city permits arrive. In the meantime, we'll keep that between us (p.s. it's going to be fantastic). Also, we'll continue to offer an exciting array of events, beverage tastings, and member-focused discussions throughout the year.

The Fitness Centre holds a special place for me, where I met my wife while rehabbing an injury. Although I won't be participating in the 45-Day Fitness challenge this year due to another injury, I encourage everyone to try to finish the challenge in the 60-day

window. I can guarantee you'll feel better after completing it (and most likely pretty sore).

Thank you to all the members who donated to our Club Fund over the past few months. Over 130 members contributed to the fund, which was disseminated to all eligible staff on December 1. A special thanks to everyone for their generosity.

Our Board and management will continue to work diligently to ensure our Club is evolving and maintaining the high standards of service and innovation that we're known for. I look forward to hearing from the membership over the coming year, so feel free to share your feedback.

Last year, the Club saw some of its highest revenue on record, particularly for the Pub and Catering businesses. This year, we're projecting more of the same. Like many businesses facing significantly increased costs, we need to plan accordingly. I'm confident that management will deliver another strong year.

All things considered, I'm excited for the year ahead and I look forward to seeing you around the Club.

Sincerely,

Nate Kube
Terminal City Club President

Stay informed

CLUB NEWS

holiday and modified hours

The Club will be closed on **Monday, January 1** for New Year's Day.

On **Saturday, January 20**, all areas of the Club, including the Pub, will be closing early at 4 p.m. for our annual winter staff party. We appreciate your understanding for this special event.

get social!

Follow us on Instagram @tclub for Club news, updates, member event information, Grill fresh sheets, weekly wine and cocktail specials, affiliate club highlights, behind-the-scenes snaps, and more!



welcome to our newest members!

We are excited to extend a very warm welcome to our Club and community to the following new members:

- | | |
|-----------------------------|-------------------------|
| Mr. Sujay Athani | Ms. Niloo Miry |
| Miss Monika Brar | Ms. Ashley Ramsden-Wood |
| Mr. Ryan Crean | Mr. Chanpreet Singh |
| Mr. Ian Duncan | Mr. Paul Stewart |
| Mr. Michael Flynn | Mr. Mohammad Tajrishi |
| Ms. Harneha Ghuman | Mr. Perry Yu |
| Mr. Paul Gruner | Ms. Casey Zhang |
| Mr. Sean MacGillis | |
| Mr. Quinn Mathiesen-Newcomb | |

new hotel partner promotion: azur legacy collection hotel

Enjoy a luxury stay at our new partner hotel – Azur Legacy Collection Hotel on 833 West Pender St. – at a special rate for a limited time, exclusive to TCC members. Rates start from \$200 + tax. A complimentary upgrade may be extended to TCC members based on availability.

**Promotion valid now through February 29, 2024, subject to availability and maximum three nights per reservation. Reservations must be made through Member Services at concierge@tclub.com or 604-681-4121*

2024 MEMBERSHIP FEES AND DUES

	Dues	Capital Reserve
Resident & Corporate	\$321/month	\$42.40/month
Resident (34 & under)	\$218.35/month	\$42.40/month
Diplomatic & Non-Profit	\$321/month	\$42.40/month
Intermediate	\$160.50/month	\$21.20/month
Country	\$160.50/month	\$21.20/month
Non-Resident	\$1,119/year	\$237/year
Spousal	\$489/year	\$237/year
Life (35+ years)	\$963/year	\$127.20/year

***Resident and Corporate members wishing to prepay their 2024 dues will be billed the 2023 rate.** Contact your Membership Administrator at members@tclub.com or 604-488-8607.

FITNESS CENTRE (OPTIONAL)

- Day locker: complimentary
- Fitness locker (annual): \$651
- Cube locker (annual): \$354
- Laundry* (monthly): \$58
- Dry Cleaning: prices vary
- Guest (adult) drop-in: \$30.25
- Members' children under 19: complimentary
- Guest (child) drop-in: \$17.50

**Laundry is only available to members maintaining a Fitness or Cube locker.*

BEVERAGE LOCKERS (OPTIONAL)

- Liquor locker (annual): \$294
- 12-bottle wine locker: \$516
- 24-bottle wine locker: \$960

MONTHLY PARKING

- Random monthly: \$267
- Member reserved 24hrs: \$367
- Premium reserved 24hrs: \$412
- S level: \$477

Secure underground parking is complimentary all weekend, and before 9 a.m. and after 4 p.m. Monday through Friday.

Host AT THE CLUB



ALL DAY CONFERENCES

8 A.M. — 4:30 P.M.

Maximize the impact of your all-day conference by hosting it at TCC. Our spacious and versatile ballrooms offer plenty of space for ideation and conversation. Fuel up with a healthy breakfast and lunch, and well-spaced caffeine breaks to keep energy and productivity up throughout the day. Need breakout rooms? No problem.

10 to 250 guests | — *starting at \$150 per person*

INCLUDES:

- Breakfast buffet
- Lunch buffet
- Two coffee & tea breaks
- LCD screen & projector
- Podium & mic
- Room rental

GALA DINNERS

Whether your organization's gala is a key fundraiser or achievement celebration, we can help make this an unforgettable evening for guests. We know how to throw a good party.

50 to 250 guests | *starting at \$170 per person*

INCLUDES:

- Glamorous cocktail reception
- Elegant four-course dinner, plated or buffet
- Sparkling wine on arrival
- Wine to complement dinner
- Screen, projector, podium & mic
- Room rental

Ask about upgrading to a host bar!



BEST DAY

\$275 per person plus taxes

- Ceremony and reception venue
- Cocktail reception with passed canapés
- Plated 4-course meal with choice entrée night of the wedding OR Club Deluxe Buffet
- Late night snack for 50% of guests
- Open bar, up to 6 drinks per person
- Wine with dinner

LOVE BIRDS

\$350 per person plus taxes

- Includes the BEST DAY package
- Choice of rehearsal reception (day prior to the wedding) OR wedding brunch (day after)

REHEARSAL RECEPTION: 2 passed drinks per person, passed canapés and stationed platters, venue space for rehearsal

DAY AFTER WEDDING BRUNCH: buffet brunch, 1 drink per person

WEEKEND OF LOVE

\$425 per person plus taxes

- Includes BEST DAY package and LOVE BIRDS (both the rehearsal reception and wedding day brunch)

***Subject to availability, pricing may vary on guest count and customization.*

January EVENTS



MEMBERS' ONLY

Members' Networking Lunch

THURSDAY, JANUARY 18
12 noon – 1:30 p.m.

Complimentary event with the purchase of lunch à la carte

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch.

This is a terrific opportunity to meet and learn from other members representing diverse industries.



MEDITATION

Stress Relief

MONDAY, JANUARY 22
5:30 – 6:30 p.m.

\$15 plus tax

Enjoy a stress-relieving guided meditation. Learn how to relax the mind and body to create peace and calm in your daily life.

As the class will involve sitting/lying down, participants are encouraged to bring a yoga mat and/or any cushions, blocks or blankets to make themselves comfortable.

Denise Levine has been practicing meditation and various healing techniques for over 20 years. She has a Master's degree in Metaphysical Sciences, and is living proof that meditation is beneficial for the mind, body, and soul.

Next session: Monday, February 26



BUSINESS & COMMUNITY
SPEAKER SERIES

An Intro to AI, Machine Learning, and Generative AI

TUESDAY, JANUARY 23
6 – 7:30 p.m.

Complimentary event

In this presentation, Geoff Fawkes, a seasoned expert in the field of software development in the areas of Artificial Intelligence (AI), Machine Learning (ML), and Generative AI, will unravel the complexities of these cutting-edge technologies.

Whether you're a curious novice or someone looking to deepen your understanding for your business, his expertise promises to demystify the world of AI, providing a solid foundation for beginners. Geoff will explore AI, ML and Generative AI uses, advantages and disadvantages, and how you can navigate issues around privacy and legal concerns.

Geoff is President and CTO at Analyticy Technologies Inc.



MEMBER FAVOURITE

Members' Wine Tasting

WEDNESDAY, JANUARY 24
5 – 6:30 p.m.

\$10 plus tax & service charge (waived if you sign up for the February Wine Club offering)

Did you know that your Club has a Wine Club? Every quarter, Director of Wine DJ Kearney curates two special collections of bottles to stash in your locker or take home to pair with your culinary creations. Taste some of the most interesting bottles that featured in previous packs, like silky pinot noir, electric albariño, potent nebbiolo and spicy, sultry syrah blends.

Think of this: **you never have to line up in a wine store again.** Simply leverage DJ's incredible global expertise and insider access. **You do not need to have a Club locker to join or attend.** Wine's greatest strength is diversity, and our Quarterly Wine Club will whisk you around the world discovering new grapes, regions, styles and estates.

January EVENTS



TCC SALON

Living Longer & Better

WEDNESDAY, JANUARY 24
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Mortal Tithonus, at the request of his goddess lover Eos, was granted immortality by Jupiter, but not eternal youth, and so was destined to live forever with the ravages of age. The human lifespan has more than doubled in just a few centuries; no longer dying a "quick death" from infection or trauma, we now battle a "slow death" – a direct consequence of aging. What would it take to live longer and better? Note: *Outlive* by Dr. Peter Attia is relevant to this Salon discussion.

TCC member Dr. Ramesh Sahjipaul is a consultant neurosurgeon at Lions Gate and St Paul's hospitals, Clinical Associate Professor of Neurosurgery, UBC and Co Medical Director of the Surgery Program at Vancouver Coastal Health. He practices general neurosurgery with a focus on complex spine and the surgical treatment of chronic pain.



COMEDY NIGHT IN THE MEMBERS' LOUNGE

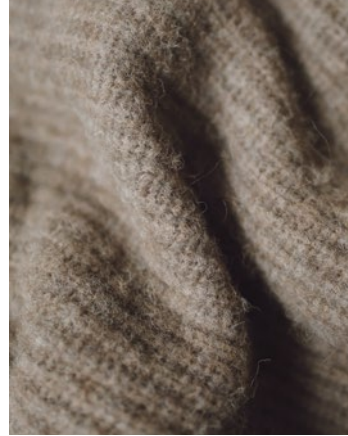
ft. Byron Bertram & host Lukas Purm

THURSDAY, JANUARY 25
Doors at 5 p.m.
Show at 7 p.m.

*\$15 plus tax & service charge
Registration is mandatory as space is limited*

Byron Bertram's unmistakable talent has seen him headline major festivals and clubs in over 30 countries including the famed Edinburgh Fringe Festival and the Top Secret Comedy Club in London, UK.

With recent acting credits on *Supernatural*, *Riverdale* and over 20M+ views on Instagram, this rapid fire comedy storm known for impressions and accents is a sure hit you need to catch whenever possible



TCC SALON

Hygge

WEDNESDAY, JANUARY 31
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte

Hygge is a Danish concept of coziness, comfort, and contentment that has taken the world by storm. In this dinner salon Dr. Ingrid Söchting will discuss the origins of hygge, its connection to Danish culture, and how we can incorporate hygge into our daily life to find happiness, reduce stress, and cultivate deeper connections with the people around you.

Dr. Ingrid Söchting is a clinical psychologist and clinical professor at UBC's Department of Psychiatry and Psychology. She teaches and supervises psychotherapy and ethical standards pertaining to the practice of psychology, and has made several contributions to the science and practice of psychology including a book on group therapy.

live music
in the
members'
lounge
6 – 9 p.m.

Thursday, January 11
Nickolaj

Friday, January 12
David Capper

Saturday, January 13
Shaquille Headley

Thursday, January 18
Cory Curtis

Friday, January 19
Rob Eller

Friday January 26
Stephen Lecky

Saturday January 27
Tess Anderson

event registration

online

via Member Central

email

conciierge@tcclub.com

call

604 681 4121

text

604 200 2279

February EVENTS



*\$275 plus tax & service charge
(includes four-course menu with single malt whisky pairings)
Bottle purchasing and engraving available

We invite you to join us for an unparalleled dining experience celebrating The Dalmore Single Malt whiskies and Executive Chef Dan Creyke's spirited cuisine. You'll taste 45 years of Dalmore living history as one of Scotland's oldest distilleries, established in 1839, but with royal heritage that stretches back to 1263 when Colin of Kintail saved King Alexander III from the fury of a charging stag. The first to explore and embrace the complexity derived from multi-cask ageing, Dalmore's house style epitomizes elegance and symmetry, with rich layers of flavour and finesse.

You'll enjoy a four-course menu paired with Dalmore 12, 15, Cigar Malt, King Alexander III and the Dalmore 18. And it gets even more decadent with a chance to sample the Dalmore Constellation Collection 1981 Cask No. 3.

Expert commentary will come from Dalmore's Single Malt Specialist, Emma Coady, a young Canadian who fell hard for whisky on a trip to Scotland. She's bringing a master engraver who can inscribe any bottles you purchase at the event.

Save your seat for this special experience today as space is limited.



TCC EXCLUSIVE Valentine's Day Dinner

WEDNESDAY, FEBRUARY 14
6 – 9 p.m.

Treat your someone special to a divine evening of dinner, dancing, and romance! A special Valentine's menu will be available, as well as a wine list curated by DJ Kearney.

Want to add more sparkle to your night? Pre-order flowers or contact our beverage team to coordinate a bottle of bubble to meet you at the table. Reservations strongly recommended.



FATHER DAUGHTER

Gumdrop Gala

SATURDAY, FEBRUARY 17
5 – 8 p.m.

*Adults: \$115 plus tax & service charge
Kids (4–12): \$60 plus tax & service charge*

They say girls are sugar and spice and everything nice...

Sweetness meets magic at this year's Father Daughter Gumdrop Gala! Step into an enchanting world of delightful surprises – enjoy live music, a delicious dinner, charming confections, and more. Sashay your way to sugar-coated splendor!

[Grand]fathers, [grand]daughters and friends of all ages are welcome!

Have You Heard?



Congratulations to **Peter Xotta**, who has recently been appointed President and CEO of the Vancouver Fraser Port Authority.

Peter most recently served as vice president, operations and supply chain for the port authority, where he was responsible for land and marine operations, health, safety and security, and port and supply chain optimization activities. He is also the vice chair of the Burnaby Hospital Foundation and sits on the board of the Greater Vancouver Board of Trade, the Freight Management Association of Canada, and the Clear Seas Centre for Responsible Marine Shipping.

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition? Email joinus@tcclub.com to submit your announcement for our Club newsletter.

TELUS HEALTH CARE COLUMN

REDUCE FOOD WASTE IN YOUR KITCHEN



According to the 2021 report of the United Nations Environment Program, Canada is ranked third in the world for food waste at home and first in North America, with 79 kg (175 lbs) of food thrown away per year by each Canadian. This food waste ends up in landfills and produces methane, a powerful greenhouse gas. Here are seven hacks to help keep food out of the garbage:

Plan meals and make a grocery list

Meal planning can help with reducing food waste. Start one week at a time and make sure you always make a list before you go grocery shopping. A list helps avoid unnecessary purchases that you may not actually need.

Make one pot meals

The "one pot meal" consists of cooking all the ingredients together in the same pan or pot. This means you can easily double or even triple the recipe and freeze the leftovers for lunches or for days when you have less time. Not only will you potentially

limit food waste, you may also find you have less dishes to wash.

Eat what's in season

Out-of-season food must be transported from other countries to get here. This increases its environmental footprint, and reduces its shelf life. By the time it arrives on the shelf at the grocery store, it may already be slightly past its prime.

Store food in the right place in the fridge

Not storing your food properly will shorten its shelf life. Make sure each category of food is stored in the right place in the fridge and it will last longer. Also, remember to put leftovers together and in a prominent place so you don't forget them at the bottom of the fridge.

Use the scraps

We often throw away parts of our food when they still have a lot of nutrients to offer us. For example, broccoli stalks, celery leaves, onion, garlic or carrot peels are often discarded but can be repurposed to make broth for soup.

Put the vegetable scraps, peelings and bones in a freezer-safe container. When it's full, empty it into a pot, cover with water, season to taste, simmer and you have your own, anti-waste, homemade broth.

Re-purpose leftovers

Another creative way to limit food waste is to turn leftovers into new meals. For example, leftover meat can also be used for sandwiches or salads for lunches during the week.

Try eating plant-based meals

The benefits of plant-based eating are well documented. You can replace meat in your recipes with plant-based proteins. Whether it's chickpeas, peas, or dried beans, they all have the advantage of having a longer shelf life than meat. Not sure how to begin? Try starting with one meatless meal a week and then gradually increase the frequency.

To learn more about TELUS Health Care's services, visit telushealth.com/carecentres or email ashley.hamilton@telus.com.

Liquid Assets

CURATED BY DJ KEARNEY

New wines for you...

❶ TELMO RODRÍGUEZ EL TRANSISTOR VERDEJO 2020 RUEDA, SPAIN \$55

Telmo Rodriguez is Spain's poster boy winemaker and universally praised for his work scouring the countryside reviving old, decrepit vineyards. Made from the high-quality, zippy verdejo grape, this is textured, stylish dry white wine with soul! The vines are twisted, gnarly bush vines grown in fabulous limestone soils, fermented in concrete and neutral oak. The name of the wine, El Transistor, came to pass when Telmo put a radio in the vineyard to keep scavenging wild boars from devouring the ripe berries. It worked! We served this wine at our 'Viva Iberia' dinner in November, to great acclaim.

❷ DUNN CABERNET SAUVIGNON HOWELL MOUNTAIN 2019 NAPA VALLEY, CALIFORNIA \$448

No. 6 in the *Wine Spectator* 2023 Top 100! The great Randy Dunn (he made the wines at Caymus in the 1970s) began his own project in 1979. He chose the extreme terroir of Howell Mountain on the northeast side of the Napa Valley, knowing that cabernet sauvignon grown at altitude would combine richly ripe fruit, with maximum freshness and forceful tannic architecture. Dunn wines are highly collectible, and this stunner vanished instantly once the #6 ranking was announced. It will age gracefully for several decades, but if you open and let breathe for a few hours, this monumental cab will unfurl admirably.

❸ BOOKER HARVEY & HARRIET RED BLEND 2020 PASO ROBLES, CALIFORNIA \$65

Have you heard this one before? Guy makes a ton of money in LA, realizes he is still unfulfilled, buys some land in Paso Robles and starts farming grapes! He befriends his neighbours who make gorgeous cult wines, convinces them to teach him their secrets, and before you know it, he's a wine star! Eric Jensen named his winery Booker, after two orphan brothers, Claude and Dick Booker, who purchased the land in the late 1920s. This is Eric's wine that he makes in honour of his parents, Harvey and Harriet, who drink affordable and robust cabernet blends.

❹ PATZ AND HALL PISONI VINEYARD PINOT NOIR SANTA LUCIA HIGHLANDS 2017 MONTEREY, CALIFORNIA \$148

One of the greatest interpreters of pinot noir in California, Patz and Hall is a legendary estate in Sonoma. Four friends founded the winery in 1988, and the secret to their success was striking relationships with the very best growers in the coolest pockets of the California coast. The Pisoni vineyard shines in this silky, assertive pinot hailing from the fine benchland of the Santa Lucia Highlands. Just south of Monterey Bay, the wind howls here, the weather is foggy and cool in the morning, becoming sunny in the afternoon, allowing grapes ripen to dark cherry goodness. With a little whole cluster for added structure and 70% new oak, this bottle is a richer, finessed style for a prime steak. If you prefer a bolder version of pinot noir, this is for you!



❶



❷



❸



❹

Email wine@tcclub.com
to secure your bottles!

UPCOMING EVENTS

Wednesday, January 24
Members' Wine Tasting ft.,
previous Wine Club selections

Friday, February 2
Dalmore Distillery Dinner

Wednesday, February 21
Members' Wine Tasting ft.,
February Wine Club selections

IT'S A WRAP!

—Looking back at Julia Yan's successful term as President

In 2015, Julia Yan was President of the Association of Women in Finance (AWF). The AWF was hosting its annual PEAK awards, a celebration of excellence in BC's financial sector. The Terminal City Club bought a table to the gala. "That left me with such a favorable impression," Yan recalls. "Here was this private club that I always associated with 'old boys,' that came to our event to support women and the progression of women in finance."

Julia was so impressed by that gesture of support, she joined the TCC shortly thereafter, and within 10 months was elected to the club's volunteer Board of Directors.

Last month, Julia concluded her term as President of the TCC board. "There were things I really wanted to see achieved in 2023 and I am pleased we did so much."

Two of Julia's top priorities were to establish an Environment Social Governance (ESG) policy, as well as an Equity, Diversity, and Inclusion (EDI) policy. Both were accomplished under her leadership. "With

the ESG, I wanted us to establish a policy for how we conduct business as it relates to our social and environmental impact. The EDI policy is an acknowledgment that we live in a changing world ... ESG and EDI are important parts of the conversation for building a new generation of members."

Julia's time on the TCC board spanned several seismic changes at the club, including the re-imagining of the patio outside the fitness facility, the addition of Club Rooms as shared workspace, the transformation of the Billiards Room into a world class Members' Lounge, and the redesign of the Grill. And, of course, there was the pandemic. "A successful board has to evolve and move with the changes; it has to strategize with short-term and long-term plans to make certain everything runs as smoothly as possible through those changes."

At the members' AGM in December, Julia proudly reported TCC income reached a record \$18.4 million in fiscal 2023, surpassing the pre-pandemic peak of \$15.9 million in 2019. As well, at the AGM, she celebrated the invaluable contributions that long-serving staff members have made to the Club.

"I underestimated how touching the staff

celebration would be. Amidst the achievements such as record-breaking revenue, the implementation of crucial governance and risk-management enhancements, expansion of TCC's footprints, and taking on challenging key presidential responsibilities this year and last, this particular occasion stood out as the highlight of my presidency."

Outside of the TCC, Julia will continue other board work in 2024, including her involvement with the Harvard Club of BC, and the Vancouver Academy of Music. "I volunteered as a board member here for eight years to make a difference and to give back to the Club. I have learned so much from fellow board members, past presidents, and the Club's management team. In particular, Liisa O'Hara and Rob Wilkins have been pivotal mentors to me over the years. Their guidance and support have been invaluable."



45-day
FITNESS CHALLENGE

The Fitness Centre challenges you to commit to at least **45 workouts in 58 days** over January and February.

It's not too late to sign up today at the Fitness Centre. We'll have a progress chart to keep you on track and perhaps inspire some friendly competition.

★ **PRO TIP:** Consider working with one of our personal trainers, who can keep you on track and help you meet your health goals efficiently. You'll be encouraged by your own progress!

Member of the Month

Dr. Wilson Kwong

In 1972, eight-year-old Wilson Kwong was living with his parents and six older siblings in Manila, when his father did the most remarkable thing.

“We all just left,” Wilson remembers. “To this day, I don’t know what motivated him to make that decision.”

It certainly wasn’t money. His dad, Walter, was well established throughout the Philippines as a master baker of Chinese barbecue pork buns. “We had one giant bakery, and my parents had scaled up the business like crazy. We called my dad the ox because he worked incredibly hard and was built strong and sturdy. He was an amazing baker and a real visionary. My mother (Ah Hong) was super smart, and she ran the show. “I grind it pretty hard; I learned that work ethic from them.”

As a teenager, Wilson lived in Vancouver’s Marpole neighborhood. He attended Winston Churchill Secondary and worked after school in his parents popular Chinatown restaurant. One day, this happened: “I’m 16, and it’s a Friday afternoon when I am hit with this unbearable toothache. The intense pain is acute, precise, and deep. It was like nothing I’d ever experienced.”

That toothache changed Wilson’s life in ways as remarkable as his father’s decision to leave Manila.

“I was frantically phoning dentists trying to find anyone who would see me immediately. That’s when Dr. Ted Clarke came to my rescue. He took my pain away, and I thought to myself at that time, ‘Wow, what a great profession’.”

It was not long after Dr. Clarke helped him that late Friday afternoon when he understood his calling — he was going to be a dentist. “Ted was my mentor, and when I graduated, I wanted to have a practice built on the foundation of compassion that he showed me.”

Wilson opened his first dental office in 1990 in the Oakridge area. “I bought it for \$45,000. Today, you can’t buy a chair for \$45,000.”

By 2010, he had established the Inspire Dental Group and now has



six locations he operates in partnerships with different dentists at each location.

“I built my original practice on the foundation of patient primacy — that is the most important thing. What can I do to make sure my patients have an exceptional and consistently great experience when they come for treatment? Essentially, that means serving the patient in a completely ethical way — making sure they are fully aware of what will be done, what was done, and what support is there after the work. Full transparency always. That’s the professional world I believe in, and it’s what I teach the dentists who work with me.”

Inspire’s flagship location is at 875 West Hastings, the foot of the Terminal City Club tower. “I work there four days a week as a dentist; the other four days a week as a businessperson,” he says with a laugh.

“I was born to be a dentist, but it’s hard work — upside-down, backwards, and in a dark hole. But that’s my job, and I love it.” Today Wilson has his own family — two boys. Ethan is a varsity baseball pitcher in Ontario who hasn’t ruled out becoming a dentist; Evan is a lawyer in Vancouver. “I have always worked hard, but it was more important to always be there for my boys as a dad, as a coach.”

Wilson joined the TCC after negotiating his office lease with Club GM & CEO Peter Jackman. “I call the Club ‘Peter’s Place.’ After we signed the lease I told him, ‘I’m going to join because I like you.’ He’s such a good man. “I’m really happy I joined. I love the look of the place and the energy is amazing.”

Wilson’s mom and dad, who so inspired his love for work and family, passed away before having the opportunity to witness their son’s success. “I miss them all the time, and wish I had the opportunity to take care of them like they took care of me. Having my parents pass early in my life taught me to enjoy the good times. My philosophy is ‘take care of your body, take care of your teeth, take care of your spirit, and live every day as fully as you can. Enjoy today, every day.’”

Focus ON FITNESS



SQUASH

2024 SPRING JUNIOR SQUASH

Saturdays | January 6 – March 16

No lesson on February 17 (Family Day weekend)

\$200 plus GST, charged to your account upon confirmation of your child's registration.

Junior private, partner, and group Lessons available upon request.

1:00–1:45 p.m. 6–8 year old

1:45–2:30 p.m. 9–12 year old

2:30–3:15 p.m. 13–16 year old

SQUASH SOCIAL

Thursdays | 4 – 6 p.m.

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beverages and food always follows at the Lions Pub.

SATURDAY MORNING SQUASH DRILLS

Saturdays | 11 a.m. – 12 noon | \$25

Our Saturday morning drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 6 p.m., Fridays.

COMPLIMENTARY JUMPSTART

Wednesday, January 3 | Women: 5 – 6 p.m. | Men: 6 – 7 p.m.

Our free quarterly "Jumpstart Squash Series" is for experienced squash players. As a season opener, it is a great way to get you back into squash fighting shape. Fitness drills and conditioning games are orchestrated by Barry to rekindle your squash spark. Please register at the Fitness Centre Front Desk by 8 p.m. on Tuesday, January 2, 2024.

SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Tuesday, Wednesday, Thursday, or Saturday (other days upon request). **Barry Gifford** is a seasoned squash professional (2022 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with over 30 years of coaching experience.

HOURS

WEEKDAYS

6 a.m. – 10 p.m.

WEEKENDS

7 a.m. – 8 p.m.

HOLIDAY & MODIFIED HOURS

MONDAY, JANUARY 1

NEW YEAR'S DAY: CLUB CLOSED

SATURDAY, JANUARY 20

6 a.m. – 4 p.m.

SQUASH & POOL

ADULT-ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.

WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

Squash court bookings are available through sportyhq.com. New users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

POLICIES

SWIMMING POOL

Full body showers are mandatory before entering the swimming pool.

EXERCISE ROOM

Please continue to sanitize gym equipment before and after use.

GUEST POLICY

The Fitness Centre guest fee of \$30.25 is waived on weekends for the spouse or common-law partner of a member.

Guest fees are also waived for members' children and grandchildren under the age of 19. Members are limited to six guests per visit. Non-member guests must always be accompanied by a member.

SWIM

SWIMMING WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 20+ years coaching. Private lessons are a structured (but fun) program that all can benefit from, regardless of skill level. Improve your technique, try new strokes, increase stamina, cultivate a sense of ease and elegance being in the water, and grow your confidence.

KIDS' GROUP SWIM LESSONS

Saturdays | January 6 – March 16

No lessons on Feb 17, 2024 (Family Day weekend)

\$275 plus GST

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	6–7 years
12:10–12:50 p.m.	8–9 years
12:10–12:50 p.m.	Stroke Improvement

*12:10 classes run concurrently

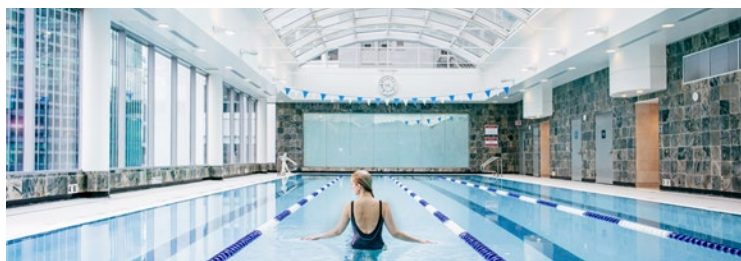
Slight changes in start and end times are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it. To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence. This is to ensure that the group lessons will be a positive experience for your child. Please contact Doreen at john@swimminginvcouverbc.com with your questions or for more information.

COMPLIMENTARY SWIM INSTRUCTION: SWIM SKILLS DRILLS WITH JOHN

Wednesdays | January 10 – February 28 | 3 – 4 p.m.

**Must be able to swim 25m front crawl non-stop.*

This program is designed for those who can swim but want to fine-tune their technique. The aim will be to become more efficient, creating less resistance and swimming smoothly and at ease in the water. Sessions will run with a minimum of two, maximum of eight students. Register by Monday at 5 p.m. the week of the session. **Due to popular demand, reservations are limited to one week in advance for each class.** \$20 will be charged in the case of no-show or late cancellation.



TRAIN

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one sessions designed entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will set you up with targeted programs specific to you.

GIFT OF HEALTH: Let the MilFit Team be a part of your friends and family's health and fitness New Year's Resolutions. Refer them and if they purchase a package of 5 they will receive 1 free personal training session, a package of 10 will receive 2 sessions, or a package of 20 will receive 3 sessions.

For more information, or to get started, please contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

Available Tuesday to Friday, 10:30 a.m. onwards

(one-hour session will be held in non-peak squash court time)

Packages available: single, 5, 10, 20

Zorica Jovic is a BASI®-certified Pilates instructor and an award-winning gymnast. (BASI-certified instructors undergo three years of devoted study with master teachers.) Practicing and teaching over 13-years, Zorica believes, to be a good teacher you must also be a student and continues her education constantly. She is responsible for guiding clientele through invigorating Pilates practices. She dedicates herself to the mind-body aspect of the Pilates method. Teaching is her passion, helping every BODY from the inside out!

NEW! RESTORATIVE MAT CLASS (PRIVATE LESSON)

Build on key Pilates principles of core control, fluid motion and coordination while delving deep into the fundamentals of optimal movement. Muscles are fatigued systematically with a continuous flow from one movement to the next. Each session targets exercises to help you gain control, strength, power and flexibility. You will see and feel your "core" get stronger each week and gain a renewed sensation of support for your back and in your arms and legs.

This class is full body work out and open to all, with exercises that are easy to modify depending on your level. Gradually geared for intermediate to advanced exercises.

Recommended props: hand weights of 2-10 lbs; Pilates soft/mini ball; T-band; M. Circle/Ring.

Please inquire at the Fitness Centre front desk for more information.

Focus ON FITNESS

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.		VINYASA YOGA WITH CLARE			
7 a.m.			MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA	
7:15 a.m.					
7:30 a.m.					
8 a.m.					
9 a.m.					
9:15 a.m.					
9:30 a.m.					
10 a.m.					
12 p.m.					TOTAL BODY STRENGTH WITH LEILA
12:15 p.m.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA		
12:30 p.m.					
1 p.m.					

F.I.T. WITH VANESSA

Mondays, 12 noon – 1 p.m. ■

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

VINYASA YOGA WITH CLARE

Tuesdays, 6:30 – 7:30 a.m. ■

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CORE CONDITIONING WITH LEILA

Tuesdays, 12 noon – 1 p.m. ■

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA

Wednesdays, 7 – 8 a.m. ■

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. This class is designed as a Beginner/Intermediate Restorative Flow work out. Please join the Zoom class 5-10 minutes earlier; if you can't make to class on time, you can view the recording!

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m. ■

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. Increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH VANESSA

Thursdays, 7 – 8 a.m. ■

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, strength, flexibility, and balance.

ON-DEMAND FITNESS CLASSES

Can't join the class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day and remain available for one week.

Pre-recorded **yoga classes** by certified international **yoga teacher and lululemon ambassador Matt Corker** are available on TCC's YouTube channel; to access, scan the QR code below.



Core & Strength Quickie (20 mins)
Morning Wake Up Flow (35 mins)
Post-Work Wind Down (35 mins)
Slow & Sweaty Flow (60 mins)

TOTAL BODY STRENGTH WITH LEILA

Fridays, 12 noon – 1 p.m. ■

This all-levels class focuses on building a strong body through low intensity and non-impact weight exercises. Increase your muscular strength and endurance, improve your metabolism so you burn more fat, increase bone density and improve balance so you age better, build lean and toned muscles, feel better and prevent injuries. Incorporate added resistance to any of the exercises (i.e., dumbbells, water bottles, exercise bands, chair or bench for step-ups, etc.) or simply use your own body weight.

Class Legend:

■ ZOOM

■ IN-PERSON (12 MAX PER CLASS)

TCC ANNUAL FATHER DAUGHTER DANCE
5 - 8 P.M. IN THE METROPOLITAN BALLROOM

GUMDROP



GALA

SAVE THE DATE!
SATURDAY, FEBRUARY 17, 2024